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Lounging and Sleeping

clothes



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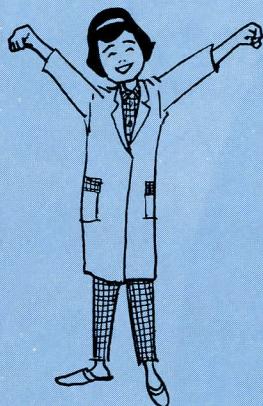
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- * LOUNGING and SLEEPING CLOTHES
- * PLAY CLOTHES
- * SCHOOL CLOTHES

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Lounging and Sleeping Clothes

Gerda Petersen
Extension Clothing Specialist

Before You Start This Project

Does your family have a good Clothing Construction book? If not we suggest that you buy one. Since information on a pattern instruction sheet is brief, a book will give you additional help with construction. Well illustrated books are available in various price ranges. Pattern companies publish inexpensive books. Discuss this with your leader and your mother. Your County Agent also can help you select a book.



To Complete this Project

1. Make a garment that is appropriate for sleeping, such as: a nightie, a pair of pajamas.
Or
Make a garment such as a robe, a housecoat.
Or
Make an outfit for lounging (this may depend on the present fashion and your own needs).
2. Make a second garment that you need. You might make a coordinated costume by combining two of the above.
3. Select some undergarments for yourself using the information in this 4-H Manual.
4. Keep a record of what you do.



READY FOR BED

Are You Clean and Well Dressed For Sleeping?

Personal cleanliness comes next to thinking good thoughts and seeking to find good in every day living.

Neat, comfortable, attractive sleep wear gives a feeling of self-respect. No one but members of your family will see you, but that's no reason to go unwashed or to wear just any old sleeping garment that's shabby or pinned together. Be clean and well dressed for your own personal satisfaction.

Everything about grooming starts with cleanliness. Although beauty magic may be promised by creams, shampoos, or eye make-up, beauty is largely a result of good health plus soap and water.

The secret of perfect grooming is a planned and faithfully followed routine. The daily bath, the nightly skin cleansing, the weekly shampoo and manicure, and the regular care of clothes can be made part of one's time schedule and can soon become an easy habit. Just when and how you plan your grooming routine depends on the facilities you have in your home and on your family's time schedule.

A Bath for Beauty

A firm bath brush wielded over every inch of the body means that every pore is clean and breathing freely. This aids good health and good health means beauty, so: Take a bath every day for beauty.

- * Sponge bath if it's more convenient.
- * Hot bath to stimulate circulation.
- * Lukewarm bath for relaxation.
- * Shower bath for an "eye opener" in the morning or as a refresher in hot weather.



A Deodorant for Daintiness

Perspiring is a normal body process and vital to good health. Bacteria, present on all skins, react with perspiration. The result is an odor which can even occur shortly after a bath. Baking soda or deodorants may be used to lessen the odor of perspiration. Deodorants are sold in different forms, such as: liquid, cream, stick, powder, etc. Powder deodorants are usually used for the body and feet; the others for underarm.



Antiperspirants both lessen odor and check perspiration. Read information on the container to learn what the product will do and how to use it. It is important to follow instructions given on the container. You may need to try more than one brand before you find the one that best suits your needs.

If you have hair growing in the armpit, it will catch and hold the perspiration odor. Remove this hair, either by shaving with a razor or by using a depilatory (hair remover). This also leaves the underarm neater looking when you wear a swim suit or a sleeveless garment.

A Cream for Chap Protection

Hand or body creams and lotions help keep your skin soft and smooth. Use generously on hands, elbows and knees.

A Scent for Sugar & Spice or Just to Smell Nice

Lightly scented toilet water, dusting powder or cologne can add a touch of glamour to your person. Avoid strong scents; the fragrance should be subtle.

A Garment for Sleeping

A garment for sleeping should be attractive, comfortable and practical.

PLANNING YOUR SLEEP WEAR

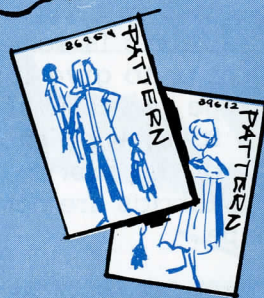
The style and fabric you choose will depend on:

1. The temperature of your bedroom. Does your sleep wear need to be warm or cool?
2. Your sewing experience. Simple patterns and fabrics that are easy to work with will give the best results if you haven't done a great deal of sewing.
3. What you like and need. Perhaps you'd like a dainty feminine nightie, or a tailored flannel pajama might suit your needs.

Choosing the Fabric for Sleep Wear

Choose a fabric that is:

Suitable for your pattern.
Soft, smooth and comfortable.
Washable and durable.
Colorfast.
Preshrunk.



Here are suggestions for types of fabrics for sleep wear:

1. Dainty feminine nighties or pajamas might be made of fine cottons such as batiste and powder puff muslin, lightweight cotton and Dacron blends, nylon tricot and other types of pajama cloth.
2. Warm sleep wear might be made of flannel or flannelette. This is a cotton fabric that has been napped on one or both sides, making it soft and warm.
3. Tailored pajamas might be made of printed or plain percale, broadcloth, chambray in plain or stripe, gingham in small plaids or checks. Seersuckers and a creped type of pajama cloth that requires no ironing (some may be labeled plisse) are also satisfactory. The creped or puckered effect in seersucker is permanent because this is a result of the method of weaving. The puckered or creped effect on plisse and some other pajama fabrics may or may not be permanent, depending on the quality of the finish and how you care for the fabric. You can tell one from the other by stretching the fabric. The crinkle in the crepe can be straightened but the crinkle in the seersucker cannot, since it is woven.

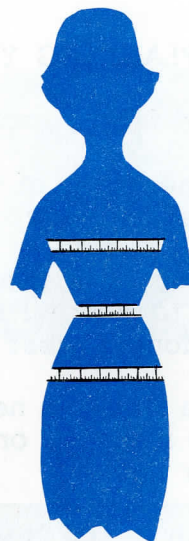
Choosing the Right Size Pattern

Patterns are sold according to bust measurement. It is also well to know your waist and hip measurement when selecting a pattern. All body measurements are taken over a slip.

Take bust measurement by placing a tape measure over the fullest part of the bust, under the arms and across the back, keeping the tape parallel to the floor except in the back where it is raised slightly.

Take waist measurement at the natural waistline.

Take hip measurement around the fullest part of the hips (about 7" down from the waistline).



Remember to Do These Things as You Work with Fabric and Pattern:

1. Straighten your fabric if it has been stretched or pulled off grain. This can usually be done by stretching the fabric diagonally or by soaking it in water and then stretching it out to dry on a flat surface. Pressing while damp also will help. However, a fabric is sometimes given a resin finish in the factory to make it crease resistant or to give it an embossed finish. It may not be possible to straighten this type of fabric if it is pulled off grain. It may be necessary to cut the fabric as it is, with the grainline of the pattern placed straight on the lengthwise grain of the fabric. Since the resin finish helps to hold the yarns in position, these fabrics are not apt to change when laundered and usually retain their original shape.
2. Pin torn ends and selvages of fabric together to keep it straight when folded for cutting.

3. Study your pattern to learn:
 - a. Width of seam allowance.
 - b. Name and purpose of each pattern piece.
 - c. Name and purpose of all pattern markings.
 - d. The layout that is recommended for your pattern size and width of fabric.
4. Have your mother or leader help you alter your pattern as needed.
5. Pin pattern carefully, observing grain of fabric and pattern markings.
6. Cut with the grain, using long even strokes.
7. Transfer pattern markings to the fabric by: using either tailor's chalk, tailor's tacks or dressmaker's carbon paper. (Test marking on a scrap of fabric to be sure it doesn't show on the right side.)
8. Follow your pattern instruction sheet and use your construction book for additional sewing helps.

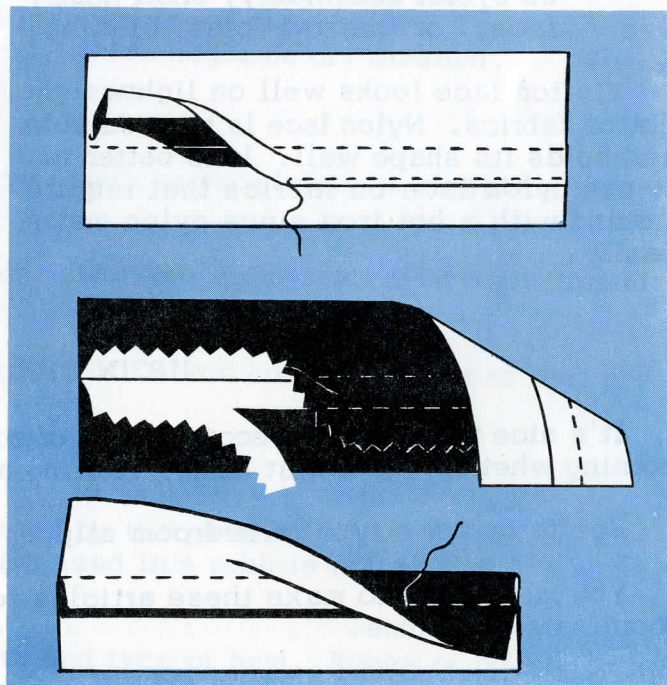
Seams for Your Sleep Wear

Sleep wear requires especially durable seams. Two stitchings in the crotch and armholes will keep these seams from pulling out under strain. The type of seam you choose for your sleep wear will depend on:

1. The style, or pattern, and the effect you want to achieve.
2. The fabric -- how heavy it is and how much it frays.
3. Your sewing skill.

The following seams are all durable:

1. Flat-fell -- for tailored or semi-tailored styles. Two machine stitchings on the right side give the most tailored effect. When the two machine stitchings are on the inside, a less tailored effect results. The finished seam should not be wider than $\frac{1}{4}$ inch.
2. Welt seams -- easier to make than flat-fell. They may be more successful if fabrics are heavy. Distance between two rows of stitching should not be more than $\frac{1}{4}$ inch.
3. French seams -- for more feminine styles in which lightweight fabrics are used. The finished seam should not be wider than $\frac{1}{4}$ inch.



4. Twice stitched -- gives added strength to a plain seam and is easy to make.

- a. On most fabrics the second row of stitching will be $1/16$ " to $3/16$ " from the first row. If you have a zigzag attachment on your machine, use it when stitching the second row. The seam edge may be pinked. The seam is pressed closed.
- b. On knit fabrics, such as nylon tricot, the second row of stitching is about $3/16$ " from the first. The seam allowance is cut off close to the second stitching. This prevents the seam edges from curling.

Trimming for Sleep Wear

Trimming materials should harmonize with the rest of the garment, and be washable and durable.

1. Trimming for tailored pajamas should be simple. Cording or piping around collar and cuffs or an embroidered monogram are attractive and in harmony with this style.
2. For softer, more feminine styles the trimming may be daintier; such as eyelet embroidery, shell hems, lace, or narrow bias binding.

Cotton lace looks well on lightweight cotton fabrics. Nylon lace is more durable and holds its shape well. It is better not to use nylon lace on fabrics that require ironing with a hot iron since nylon melts easily.



UP IN THE MORNING

It's nice to have a housecoat or robe of some kind to wear over your sleep wear in the morning whether you are at home, visiting a friend or at camp.

Scuffs or some type of bedroom slipper also are a nice addition to any wardrobe.

You might like to make these articles too. Why not plan so that you have a well coordinated costume.



PLANNING YOUR HOUSECOAT OR ROBE

When choosing pattern and fabric consider these things:

1. Related in style and idea to sleep wear. For example: if pajamas are tailored the robe should also be tailored.
 - a. If sleep wear is short the robe should cover it.
 - b. If sleep wear is long, the robe may be either long enough to cover it or a length that is a good proportion.
2. Coordinated in color. Colors might either match or harmonize. Don't combine two fabrics that have distinct patterned surfaces.
3. Suited to your needs.
4. Sewing skill required.

Choosing Your Fabric

Choose a fabric that is:

1. Suited to pattern.
2. Heavy enough to cover sleep wear.
3. Crease resistant.
4. Preshrunk.
5. Colorfast.
6. Washable. This is not as important for robes as for sleep wear. There may be exceptions, such as wool flannel robes, which might be dry cleaned.
7. Suggested types of fabrics:
 - a. Cottons of the "wash and wear" type such as broadcloth or gingham, seersucker and embossed articles.
 - b. Heavier fabrics such as: suede cloth, corduroy, quilted fabric or wool flannel for warm robes.
 - c. Synthetic fabrics such as: nylon tricot or Dacron and cotton blends that are similar to broadcloth.



Construction Helps

Types of seams and hems will be determined by the pattern, style, fabric and the effect you desire. Therefore, the type of seam used in a robe is not always the same as the one used in the pajama or nightie.

Your instruction sheet will suggest a width and type of hem. Robes or housecoats are usually hemmed in a manner similar to a skirt.

BEDROOM SLIPPERS OR SCUFFS

If you decide to make scuffs you will find patterns in the regular pattern books. You might even like to try to make crocheted scuffs if you have someone who can help you.

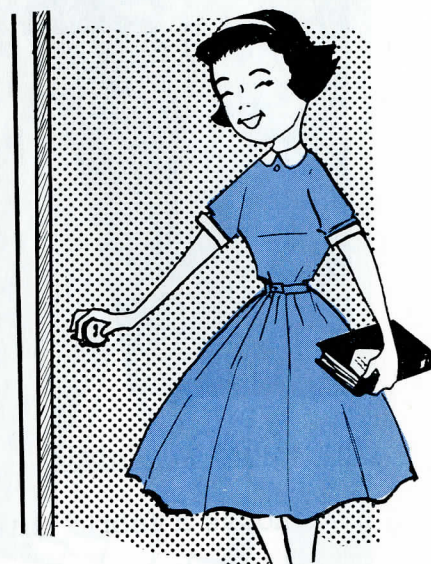
Any bedroom slipper or scuff should harmonize with your robe in color and idea. They should be roomy and comfortable and slip on easily.

READY FOR THE DAY

Be fresh and clean to start the day with well brushed, neatly combed hair, well manicured nails and clean teeth.

Wear fresh, clean undergarments. Fashion determines the type of undergarments to wear. When the silhouette is smooth and sleek, the undergarments are pencil slim too. Full skirts may require petticoats with fullness or flounces.

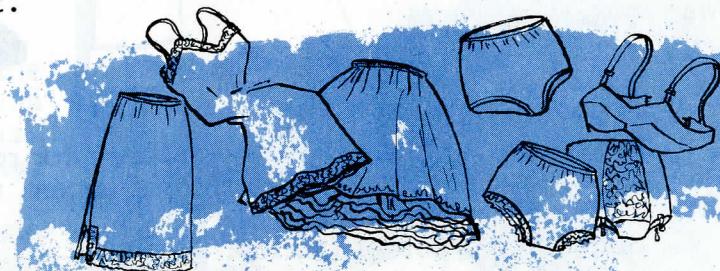
Undergarments should fit as smoothly as outergarments so they add to and do not detract from the general effect of your dress.



BUYING UNDERGARMENTS

You'll be happier with them if you:

1. Try them on (with dress, if you are buying them for a specific purpose) for fit. Look at fabric grain. Inexpensive garments are sometimes cut off grain to save fabric. This will affect the fit.
2. Read labels to learn:
 - a. Fiber content.
 - b. Special finishes.
 - c. Directions for proper care.
3. Become familiar with brand names. One brand may fit your body better than another. It will be easy to buy more of the same kind.
4. Understand fiber names you find on undergarments. It is required by law that names and per cent by weight of fibers be given on labels. Some fibers, such as cotton and linen, come from plants. The wool fiber comes from sheep. Some fibers are synthetic or man-made. Fibers are classified by generic names.



Fibers

There may be several trade names for the man-made fibers. For example, you may see the generic name "polyester" and the trade name "Dacron" or "Kodel."

The fiber names you are most apt to see on the labels of undergarments are: Cotton, Nylon, Rayon, Acetate and Polyester.

*Cotton absorbs perspiration and gives a cool feeling. Therefore, it is a comfortable summer time fiber. It can be washed in hot water and ironed with a hot iron. It does wrinkle, but a wrinkle (or crease) resistant finish can be applied to cotton cloth that makes it stay fresh looking.

*Nylon is a strong, durable fiber. Fabric made from nylon holds its shape well. It does not absorb moisture, so some people find it uncomfortable for summer wear. It washes well and dries very quickly. It requires little ironing and will melt if a hot iron is used on it.

*Rayon is more comfortable to wear than nylon. However, it is not as durable and usually doesn't hold its shape as well. It dries slowly. It can be ironed with a medium hot iron.

*Acetate is less durable than rayon or nylon. It is also less expensive. It is readily harmed by high temperatures.

*Polyester is similar to nylon. It is wrinkle resistant. It is often blended with other fibers, such as cotton. This results in a fabric that is quite comfortable to wear and is wrinkle resistant. For example: garments made of a blend of 65% Dacron polyester and 35% cotton can be washed and then worn with little or no ironing.

Buying Panties

A satisfactory pantie fits smoothly and has a leg finish that doesn't show through the dress. Knitted fabrics are often used because they will stretch and give.

The size of panties may be listed according to hip measurement. Some brands are labeled "small" - "medium" - "large." Find a brand that is proportioned to your shape.

Buying a Brassiere or "Bra"

A good bra should give support and a flattering bustline. To determine the bra size needed, take a snug measurement around the body, just under the bust. If this measurement is an odd number, add 5 inches; if it is an even number, add 6 inches. This is your bra size. Your first bra may be as small as 28 inches.

Each bust size will have a cup size:

To determine the cup size, measure around the body where the bust is fullest. If measurement is same as brassiere size you need an A cup; 1" more than brassiere size, a B cup; 2" a C cup, etc. Some companies make bras with cups as small as AAA. Cup sizes increase from the A's to an E in women's size. Your bust size may change, so be sure to try on every bra that you buy. Check for fit:

1. Does the bra bind when you take a deep breath while sitting? If so, you need a larger size.
2. Does the under-bust band fit snugly but not tightly? You should be able to run your finger under the band.
3. Do the breasts fill out the cups without bulging over?
4. Does the bra stay in place when you lift your arms?
5. Does the center front of the bra lie snugly on the chest wall, giving a natural division and insuring support between the breasts?

6. Are the shoulder straps adjustable, to allow for comfort and a flattering natural line?

Buying a Slip

A slip should be designed for present day fashions. It should be cut to fit the figure smoothly over bust, under arms and at hip and waistline. Therefore, a knit, such as tricot (run-proof if it has two sets of warp or lengthwise threads, or run-resistant - one set of warp threads) may suit your needs.

Some synthetic fabrics may make your dress cling to your body. This is due to static electricity. You can buy a "static arrester" to use in the rinse water when you wash your slip to help prevent this.

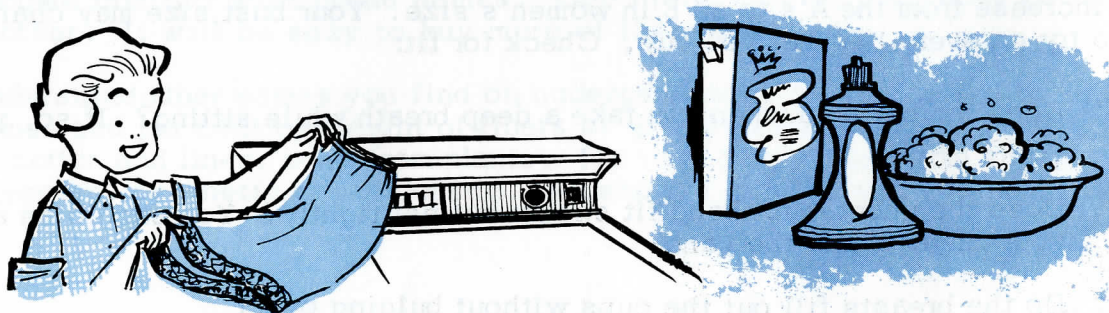
Petticoats are planned to make a full skirt more bouffant. Too many petticoats can spoil the effect of the silhouette. The outer skirt is generally wider than the petticoat.

When buying a slip, try it under the dress for which it is planned:

- a. Is the color suitable?
- b. Does it fit when you stand, walk and sit?
- c. Is there ample ease to allow for comfort and to prevent it from "riding up"?
- d. Does it twist on your body? If it does it may be cut off grain.
- e. Can you see through your dress and slip when you stand in front of a light? Some slips are made of opaque fabric or one that doesn't let the light through it. Others may have a shadow-proof panel.
- f. Does the slip hang evenly, and is it 1/2" to 1" shorter than the dress?

Check it for durability:

- a. Are the seams flat and finished so there will be little raveling?
- b. Are the trimmings of a type that will last as long as the garment?
- c. Are the straps adjustable and fastened to the body of the slip and not just to the lace trim?



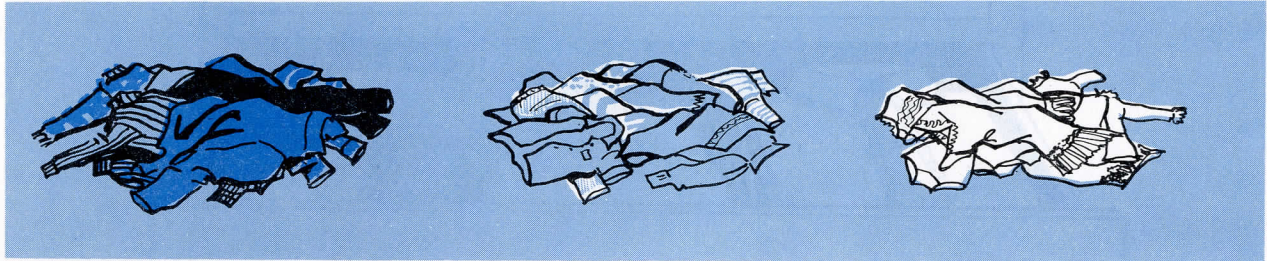
CARE OF UNDERGARMENTS & SLEEP WEAR

Regular care means longer wear for undergarments and sleep wear. Here are some suggestions:

1. Wash frequently to keep them clean and free from body odors.

a. Most undergarments and sleep wear can be laundered in a machine.

- (1) The garments should be sorted and washed according to color. For example, nylon fabrics take up color from other fabric very easily, therefore white nylons should not be laundered with colored garments.

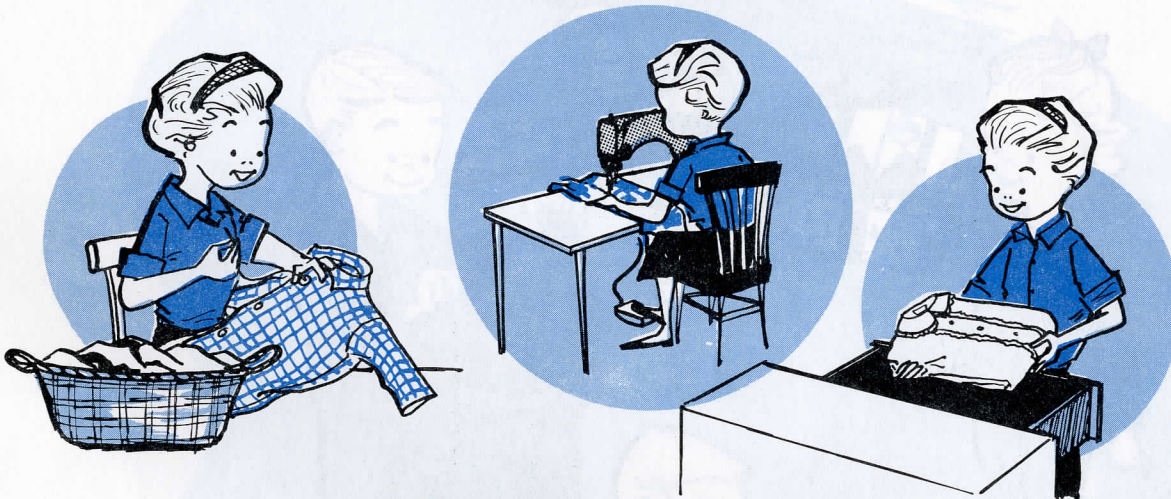


- (2) Use only mild soaps and detergents.

- (3) If bleaching is necessary, use a mild bleach, such as sodium perborate.

- (4) If an automatic dryer is used, avoid high temperature and over-drying.

2. Mend any small tears or ripped seams and sew on buttons before putting your garments away in drawers.

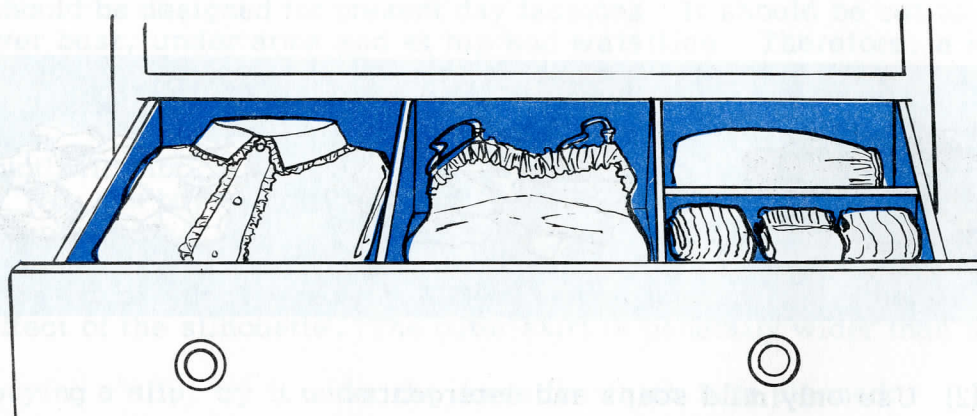


3. Elastic bands on panties may wear out and need to be replaced.

- a. Remove old elastic by snipping threads with a scissors.
- b. Cut the new piece of elastic about 1" less than waist measure. Seam the ends by overlapping. Divide elastic into fourths and mark.
- c. Divide waistline of garment into fourths (center front, back and sides) and mark.
- d. Pin elastic to waistband, matching these marks.
- e. Stretch elastic as you machine stitch. A zig-zag stitch is better than a straight stitch for attaching elastic to fabric.

4. Store garments neatly in drawers that are easily accessible. Drawer dividers will help to keep the same types of garments together.

There is a feeling of satisfaction that comes from having garments ready to wear when you need them.



Did you enjoy making sleep wear? Why not make some for younger brothers or sisters for Christmas?

